



BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

April 2016

Bedford Senior Activity Center

2817 R.D. Hurt Pkwy.

Bedford, TX 76021

817-952-2326

www.bedfordtx.gov/senior/

Hours of Operation

Mon.-Tue.-Wed.-Fri.

8 a.m. – 5 p.m.

Thursday

8 a.m. – 8 p.m.

Center Phone Numbers

Cathy Haskell, Manager

817-952-2329

Rhonda Karnes-Scott

817-952-2320

Janet O'Dell

817-952-2325

Dale Dawson

817-952-2328

Once a Month Thursday Night Dance Lessons

Come learn the E. C. Swing (triple) on Thursday April 7, 2016 at 6p.m. \$5.00 for 1 hour. \$10.00 for 2 hours. Must be age 50 or above.

Dance Lessons

March dance is the E. C. Swing (Triple). Singles and couples welcome. Must be age 50 or above. Monday evenings 5:30pm-6:30pm. \$5.00 per person per lesson. Then stay for our Monday night dance, only \$6.00 per person.

Walking Program Kick off Breakfast

Come join us for a light breakfast at the Walking Program Kick off. Receive walking logs to track your progress. April 6, 2016 10a.m. Walk around our beautiful park.

Dementia Workshop 2

Part 2 of Dementia- How to deal with the symptoms of dementia. April 14, 2016 6p.m.

Bingo

Come join us for FREE Bingo.

Prizes and refreshments.

Thursday April 21, 2016, 6pm-

7:30pm Please sign up with staff member or call 817-952-2326

Carter Eye Care

Free cataract check. April 25,

2016 10a.m. Please sign up with any staff member or call 817-952-2326.



MONDAY	TUESDAY	WEDNESDAY
		
<p style="text-align: right;">4</p> <p>8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Pete & Patti-Dance</p>	<p style="text-align: right;">5</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes</p>	<p style="text-align: right;">6</p> <p>8am-Ceramics & Pool 1pm-Dominoes 10am-Walking kick off breakfast 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session</p>
<p style="text-align: right;">11</p> <p>8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 6:00pm-Doc Gibbs-Dance</p>	<p style="text-align: right;">12</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am- Needlecraft 9am- Exercise 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes</p>	<p style="text-align: right;">13</p> <p>8am-Ceramics & Pool 10am-Narfe 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session</p>
<p style="text-align: right;">18</p> <p>8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Bill G Trio-Dance</p>	<p style="text-align: right;">19</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes</p>	<p style="text-align: right;">20</p> <p>8am-Ceramics & Pool 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session</p>
<p style="text-align: right;">25</p> <p>8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Now & Then-Dance</p>	<p style="text-align: right;">26</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes</p>	<p style="text-align: right;">27</p> <p>8am-Ceramics & Pool 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session</p>

<p><u>THURSDAY</u></p>	<p><u>FRIDAY</u></p> <p>1</p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p><u>DANCES</u></p> <p>April 4-Pete & Patti April 11-Doc Gibbs April 18-Bill G Trio April 25-Now & Then</p>
<p>7</p> <p>8am-Ceramics 8am- Pool, Quilting 8:30-Blood Pressure Check 9am- Exercise 10am-Pinochle 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong 6pm-Dance Lessons</p>	<p>8</p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm-4pm-Hobbyist 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p><u>NARFE</u></p> <p>April 13 – 10am</p> <p><u>Blood Pressure Checks</u> 1st & 3rd Thursdays 8:30am to 10:30am</p>
<p>14</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am-Pinochle 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong 6pm-Dementia pt 2 Workshop</p>	<p>15</p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p>Would you like schedule and newsletter updates by email? Email me at: rhonda.karnes-scott@bedfordtx.gov Please give me your full name in email.</p>
<p>21</p> <p>8am-Ceramics 8am- Pool, Quilting 8:30-Blood Pressure Check 9am- Exercise 10am-Pinochle 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong 6pm-Bingo</p>	<p>22</p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm-4pm-Hobbyist 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p><u>Class Highlights</u></p> <p>Check out our FREE workshops! Many topics to choose from.</p>
<p>28</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am-Pinochle 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong</p>	<p>29</p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p><u>Did you know we are open from 8:00am-8:00pm every Thursday?</u></p>



Everyday Fitness Ideas from the National Institute on Aging at NIH
www.nia.nih.gov/Go4Life

Walking for Your Health

Brisk walking is great exercise, and like other endurance exercises, it can increase your heart rate and breathing. Endurance exercises keep you healthy, improve your fitness, and help you do the tasks you need to do every day.

For some, walking for the recommended 30 minutes a day might be difficult. If so, try walking for 10 minutes at a time and build up to three times a day. As your endurance improves, walk longer until you can advance to a single 30-minute walk.

As your walk becomes easier, add new challenges, such as climbing a hill, extending the time you walk, increasing your walking pace, or adding an additional day of walking.

Step counters can help you keep track of your walking, set goals, and measure your progress.

Most inactive people get fewer than 5,000 steps a day, and some very inactive people get only 2,000 steps a day. Try wearing a step counter for a few days to see how you're doing. If you get:

- Fewer than 5,000 steps a day, gradually add 3,000 to 4,000 more steps a day.
- About 8,000 steps a day, you're probably meeting the recommended activity target.
- 10,000 or more steps a day, you can be confident that you're getting an adequate amount of endurance activity.
- 10,000 steps a day comfortably, try for 15,000 steps a day, which would put you in the high activity group.



Quick Tip

Be sure to wear sturdy shoes that give you proper footing. For more information, see the *Go4Life* tip sheet *Fitness Clothes and Shoes*.
www.nia.nih.gov/go4life

VISIT

www.nia.nih.gov/Go4Life

- Read more tips for adding physical activity to your day.
- Print useful tools.
- Share your exercise story.



National Institute on Aging

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